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***“Fitness Magazine” Names Indy Parks Greenway
Top 10 Walking Trail Nationally***

INDIANAPOLIS — In its August 2005 issue, Fitness Magazine names Indy Parks and Recreation’s Central Canal Towpath as one of the top ten walking trails in the country. The American Hiking Society and Aspen Edge compiled the list of walking trails according to two main criteria: trails that can be completed in 60 to 90 minutes and are within 10 to 15 miles of a major metropolitan area.

Coming in at number five on the list, Indianapolis’ Towpath beat out trails in other cities such as Washington, D.C., San Francisco and New York City.

“We are excited that Fitness Magazine readers will see our trails as among the best in the country,” said Director Joseph Wynns, Indy Parks and Recreation. “We hope the recognition will motivate local residents to take advantage of fitness opportunities awaiting them on all of our Greenways.”

The Central Canal Towpath is approximately 5.23 miles, with an additional mile encompassing the Downtown Canal Walk. The Towpath runs from Broad Ripple southwest to 30th Street at White River. With a crushed limestone surface, the trail is particularly appealing to fitness enthusiasts like walkers, runners and cyclists.

As part of Mayor Bart Peterson’s health and fitness initiatives, many Indy Parks services and amenities, including the Greenways, are no or low cost, and are accessible to people of all ages and abilities looking to get fit and stay healthy. For additional information on the mayor’s health and fitness initiatives, please view the “Peterson Plan II” at www.indygov.org.

For additional fitness and trail information please visit the following Web sites:

- ? Greenways: www.indygreenways.org.
- ? American Hiking Society: www.americanhiking.org
- ? Fitness Magazine: www.fitnessmagazine.com

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